



VEGETABLE STIR FRY FEATURING GLUTEN (DF/VEGAN)

This weeks recipe of the week goes out to all the vegetarians/vegans looking for a tasty high protein dinner option. A vegetable stir fry featuring gluten meat. Enjoy.

Ingredients:

Gluten Meat

3 cups gluten flour

1 cup stoneground wholegrain self raising flour

3 cups water

Vegetable Stir Fry

1 tablespoon olive oil

1 small red onion halved and sliced

2 garlic cloves minced

2 knobs of ginger minced

90g udon noodles

250g gluten meat (see above)

50g sliced snow peas

1/4 red capsicum sliced

1 small carrot julienned

a splash of tamari

Method:

Gluten Meat

Mix together the flours and then add the 3 cups of water while mixing. It will quickly form a dough.

Knead the dough to make it smooth.

Fill a very large saucepan with water and bring to the boil. Boil the dough for one hour, keeping it off the bottom of the pan and turning occasionally.

Remove from the pot and cut into four parts, then return and boil for another 15 mins to ensure the centre is cooked.

Take out, allow to cool and cut into the size you'd like. Store in a well sealed jar and marinate with tamari or soy sauce. Store in the fridge.

Vegetable Stir Fry

Heat the oil in a frypan then add the onion, garlic and ginger. Cook until soft on medium heat. Turn up the heat slightly and add sliced vegetables. Add a splash of hot water to steam them a little (for about 3 minutes).

Add the pre-prepared gluten and cook until warmed through.

Add the udon noodles (pre-softened) and a splash of tamari and mix through using tongs.

Serve with a sprinkle of black sesame seeds and some sliced spring onions. Enjoy.

Dairy Free | Vegan | Vegetarian